

Spring 2006

Alliance Establishes Scholarship ...

Established in 2006, the \$1,500 one year scholarship honors the founding member of the Quad Cities Area Advanced Practice Nurse/Physician Assistant Alliance. Its purpose is to support students pursuing a Master's or Doctoral degree in the follow areas:

- Physician Assistant
- Nurse Practitioner
- Nurse Midwife
- Nurse Anesthetist
- Clinical Nurse Specialist

Criteria:

This is a non-need based award available to U.S. citizens who reside in an area served by the QCA APN/PA Alliance.

To qualify, you must:

- Possess a GPA of 3.0 or better. (Selected candidate will be asked to furnish an official transcript.)
- Complete the application form
- Submit a 250 word essay.
- Submit two letters of recommendation (non-relative)

June 1st is the deadline for submitting the application.

The scholarship will be awarded October 31st.

The scholarship winner is asked to attend one QCA APN/PA Alliance meeting.

If you are interested in applying or know someone who might be interested, please see a Board Member for an application.

Save Money on Dual Membership



The Alliance is teaming up with the American College of Clinicians (ACC) to offer a joint membership in both organizations. Currently Alliance membership costs \$25 and the national membership is \$45. At this time joint membership is being offered for \$55.

The ACC seeks to represent the common interests of both Physician Assistants and Nurse Practitioners at the national level. For more information on the ACC, you may visit their website at www.acc.org.

From Peggy's Pen ...



I want to personally thank each and everyone for your support, prayers, and positive energy sent my way with my recent diagnosis of breast cancer. I am doing fine and not having any major problems with treatments. Many of you have picked up slack that I had to let go for awhile and I greatly appreciate all that each of you has done to help the Alliance while I take care of myself.

The Alliance is very dear to my heart and I know that you will all continue to support it with your membership and attendance at future functions. We have some exciting things coming in the very near future so please read carefully about upcoming events and mark your calendar for fun, education and networking. My prayer for each of you is that you take care of yourself and make sure you always take time for YOU!

All Hands On Deck...

If anyone has any interest in getting more involved in your Alliance, our committees can always use extra volunteers. For example our Membership Committee needs help with special projects like compiling information for the membership directory and getting mailings ready for various events or meetings. Steve DePorter, our Membership Chair describes the current status as, "intermittent panics with long stretches of boredom." A few more hands will minimize the panic, get you in touch with a great group of colleagues and offer you exposure to more of Steve's wit and humor. The Marketing, Education, and Special Events groups are other options for involvement. Contact any Board member if you are interested.

Clinical Corners are another area where you and your special expertise are needed. These short educational segments held before our regular Alliance meetings are always well received. If you have attended a major conference and want to give us an update, have special interest or expertise in a particular area or have a suggestion for a topic, please contact Janice Simmons at simmonsjanice@mchsi.com.



Calendar of Events

Coming up on May 18th

The next meeting of the QCA APN/PA Alliance will take place at the Abbey Station in Rock Island, Illinois. Renee Elmer, MS, FNP, CCD will present some of the newest information on, "Osteoporosis: It's More Than A T-Score." Please see the enclosed flyer for details and plan now to be a part of this informative event.

Looking ahead ...

Have you been working late hours, eating fast food, and wanting to kick off the shoes and lay in the sun? If your answer is yes, yes, yes and you are a QCA APN/PA Alliance member, come and join the Special Events Committee on "Family Fun Day." Bring your spouse, the kids and/or your significant other for fun, food and activities late this summer. The committee is already at work to make this a special event. Plan to join us at Scott County Park on September 16th. Save the date so you don't miss out on the fun!

Farther in the distance ...

A time of networking and education is being planned for November 9, 2007 at Thunder Bay Grill in Davenport. The topic will be, "Depression/Anxiety/Bipolar: How to Tell The Difference???" Our meeting is being sponsored by Wyeth Pharmaceuticals. Mark your calendar. We hope to see you there!

Great Resource, Don't Miss Out!

If you have not yet purchased your 2006/2007 **Healthcare Provider Directory**, you are missing out on a valuable resource! This is a "one of a kind" directory and includes the contact information for all the advanced practice clinicians in our area. This edition has been expanded to include dietitians, nursing homes, audiologists, physical therapy, podiatrists, relevant clinics and counseling/psychologist services. Expanded hospital information with numbers for scheduling, x-ray, lab, and medical records has also been added. It pays to buy in quantity for your office since the cost is \$25 for each of the first two books purchased and just \$15 for each additional copy. Contact Sara Nyquist at 309-792-7063, nyquists@genesishhealth.com or Vicki Rowlands at 309 762-3621, ext. 5016 rowlands@geneseo.net to reserve yours today. When purchasing, please make checks payable to, "Healthcare Directory." Your order can even be delivered on request!

Getting To Know You: Rhonda Fruhling

Rhonda grew up on a farm near Champaign, Illinois and currently resides in Iowa City. Maggie and Buster, two little miniature daschunds share her home. In addition, she is a host family to a growing number of international students from China, some twenty at last count. Being an aunt to her eight nieces and nephews is also a special love of hers. Rhonda graduated from the UIC Quad Cities Program and is currently in her first Nurse Practitioner position with Endocrine Associates of the Quad Cities. She did her last clinical internship as a student at this site, found it to be a great fit for her and stayed!

When asked what she would do if she could change one thing, she replied, "I would somehow manage my time more efficiently so that I might do a better job at keeping up with journal articles and all the information out there while still have more time to spend with family and friends, (also known as having a life.)"

Pit experience, "I cannot think of one specific incident, but in general have felt frustrated when I am not able to 'fix people.' Working with those who have chronic disease, I am learning that I can only help people as much as they want to be helped. I am learning more often to ask, 'what is your goal and what can I do to help you achieve this?'"

She is at her peak, "...when I see people getting motivated to make lifestyle changes. It is always a joy to celebrate these successes with them."

Personal inspiration for Rhonda this past year and a half as an inexperienced, new NP has been found in Isaiah 41:10; "Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will uphold you with My righteous right hand."



The "Other" Directory ...

Our QCA APN/PA Alliance Membership Directory will be ready for distribution at the May meeting. This is one of the benefits of membership and includes not only contact information but also special interests and areas of expertise of Alliance members. It certainly helps to know who to call with that tough clinical question!

Check out our new and revised website at www.qcaapnpa.org!